



Taste of the Arctic

Forget 'tastes like chicken.' Hello 'tastes like caribou.' Event brings some northern wild to O-Town's fine diners

PAGE 4

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PAGES 10-11



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Tuesday, February 12, 2013



News
worth
sharing.



ZOMBIES BEWARE!

The Walking Dead's crossbow-wielding Norman Reedus — pictured here at an event to promote the TV show in Taiwan last month — is scheduled to speak at Algonquin College. Find out why on page 3. CHIANG YING-YING/THE ASSOCIATED PRESS

City seeking PI firm for snooping job

Internal affairs. Private contractor sought for 'highly confidential' investigations



ALEX
BOUTILIER

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Funds

Corporate Security's budget for 2013 is about \$1.4M.

vestigative services, such as background research and surveillance to support investigations undertaken by the Corporate Security Division of the City of Ottawa," the RFP states.

"All work undertaken will be highly confidential in nature and may involve formal interviews of the subjects.... Support services such as polygraph, statement analysis, and electronic surveillance detection may also be required."

The external contract does not appear to be connected to any particular allegation of wrongdoing.

Corporate Security, comprising 10 employees, is responsible for the physical se-

curity of municipal personnel and assets, including designing security systems and controlling access through photo identification. The unit also conducts and monitors fraud and waste investigations, liaising with law-enforcement agencies when required.

Shannon Kenney, the city's security and emergency-management chief, was not available for comment Monday.

According to the city's specifications, the successful sleuthing company must have a 24-7 dispatch facility and have investigators available on short notice. The contractor must be licensed under Ontario's Private Investigators and Security Guards Act.

The contract runs two years, beginning in April, with an option for three one-year extensions. It is not known how much the help will cost the city.

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The Walking Dead star coming to Algonquin College

Norman Reedus.

Actor who plays Daryl Dixon on the AMC hit zombie show will talk to students at an event slated for March 11

 JOE LOFARO
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Norman Reedus, the actor who plays the crossbow-wielding, zombie-killing badass Daryl Dixon in AMC's hit show *The Walking Dead* is coming to Ottawa.

The Florida-born actor, who blasted his way to fame in the cult classic *Boondock Saints* will be talking to Algonquin College students in the flesh March 11 about his acting career.

The appearance will be at the college's Commons Theatre and will include a question-and-answer session with the audience. The event is open to the public, and tickets went on sale Friday.

Reedus's character got plenty of airtime on Sunday night's gore-filled mid-season premiere of *The Walking Dead*. Currently in its third

season, the show is based on a comic book by Robert Kirkman that follows the lives of survivors of a world taken over by a zombie plague.

Bill Kitchin, event coordinator at the Algonquin College Students' Association, said he was contacted in the fall about having the talk at the college.

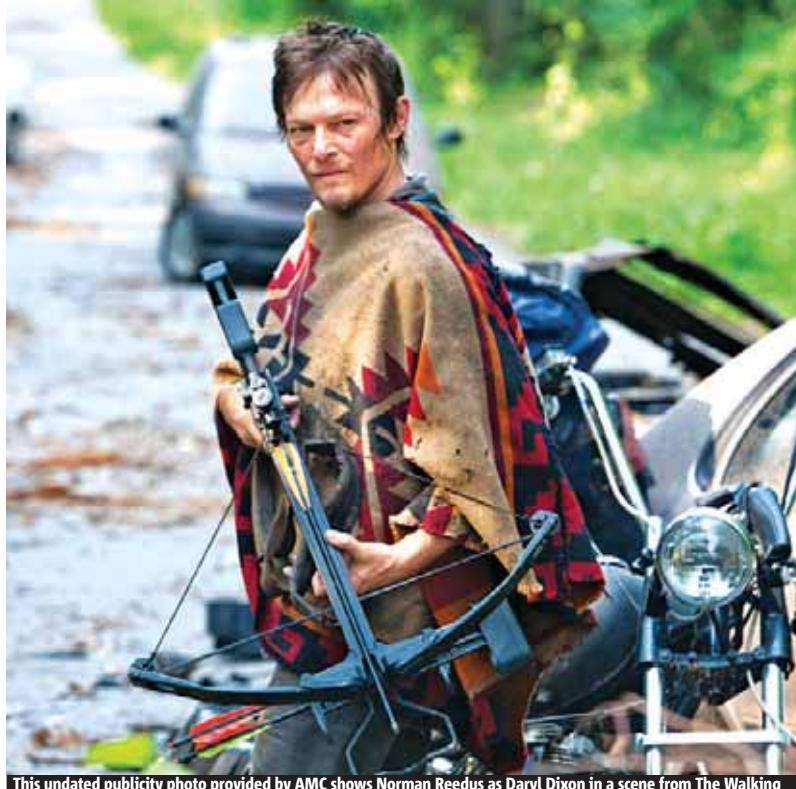
"It's an opportunity for him to directly reach his fan base and to increase that connection for himself, and obviously for his fans it's a great opportunity to gain access to him," said Kitchin. "We think it will sell out quickly."

Other guests who have stopped by the college for similar talks include CBC talk-show host George Stroumboulopoulos and PostSecret creator Frank Warren.

"We're excited to have him, and I think it'll be a great show for our students," said Kitchin.

Tickets for Reedus's talk are \$15 for the public or \$5 for students. The venue can accommodate approximately 700 people.

At press time Monday, Reedus's publicist said he was unaware of the March 11 event in Ottawa.



This undated publicity photo provided by AMC shows Norman Reedus as Daryl Dixon in a scene from *The Walking Dead*. RUSSELL KAYE/AMC/THE ASSOCIATED PRESS

Two Ottawa politicians get roles in cabinet



MPPs Bob Chiarelli, left, and Yasir Naqvi.
GRAHAM LANKTREE/METRO; ALEX BOUTILIER/METRO

House of Bluesfest

Bluesfest to get new headquarters in old Westboro church

Bluesfest organizers say they will establish a new headquarters in Westboro that will serve as a cultural hub and a spot for other festival organizations.

Dubbed the House of

Bluesfest, it will be located in a renovated reincarnation of the former Westboro United Church. The project was made possible as a result of the church congregation donating the building to Bluesfest amalgamating with another nearby church congregation.

"They liked the community angle, the idea that it would give some sort of

legacy to the community," said Bluesfest executive director Mark Monahan. Monahan said \$2 million has been raised for the renovation. He said in addition to Bluesfest and Folkfest office space, the building will house some performance space and space for musical instruction as well as space for other festival organizations. METRO

Veteran Ottawa politician Bob Chiarelli says he wants to bring his "strong working relationship" with the opposition to his new post at the scandal-plagued Ministry of Energy.

Chiarelli was sworn in as Premier Kathleen Wynne's new energy minister on Monday afternoon. He inherits the portfolio from Chris Bentley, who faced a contempt-of-parliament motion from opposition MPPs for his role in the gas-plant scandal that consumed the legislature last fall.

The former Ottawa mayor said the department needs to stay focused on the long-term

challenges while dealing with "hot potatoes" like the gas-plant scandal.

"I'm determined to make sure that I can put a comprehensive face on our long-term energy plan and direction as well as dealing with the issues that pop up and are high-profile and are political hot potatoes from time to time," Chiarelli said. "We gotta keep our eye on the big challenges and make sure that we're doing it across the board at the same time as we're juggling some hot potatoes."

Chiarelli will be joined at the cabinet table by Ottawa Centre MPP Yasir Naqvi, who

Wynne named minister of labour. It's Naqvi's first cabinet posting.

"I'm excited, the responsibility given to me as the minister of labour. Especially in these tough economic times that we are in, where we need to work more closely with our labour partners, and I'm looking forward to that challenge," said Naqvi, who resigned as Liberal party president to take the job.

Ottawa-Vanier MPP Madeline Meilleur remains Ontario's community safety and correctional services minister.

ALEX BOUTILIER/METRO, WITH FILES FROM THE CANADIAN PRESS

Charity

Timmies kicks off food-bank drive

Local Tim Hortons has kicked off its food drive for the Ottawa Food Bank.

Customers are encouraged to donate non-perishable food items and drop them in the food drive bins located inside participating Tim Hortons. METRO



An artist's rendering of the House of Bluesfest. CONTRIBUTED

1
NEWS

If some of these ingredients don't sound like they're close to hand in Resolute Bay, it's because at the National Arts Centre it's North meets South

GRAHAM LANKTREE
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The caribou is delicious, but if National Arts Centre interim executive chef John Morris had to pick a favourite from several Inuit-inspired dishes he whipped up for A Taste of the Arctic it would be the Arctic hare ragu.

"It's a wild rabbit. It's leaner and tougher. But it's worth the effort to coax the tenderness out of it," said Morris as he showed off the hare and other dishes he is cooking for the full April 29 event showcasing food from Canada's north.

"It's braised slowly for six hours. It's marinated for 24 hours in wine, beer, crushed juniper, garlic, rosemary, thyme," he said.

"You have to be gentle, because if you go too far it can fall apart."

Despite the twist on country food cooking, "for the rest of the population it's about bringing about awareness of our diet," said national Inuit leader Terry Audla, president of the Inuit Tapiriit Kanatami.

If he had to choose the menu, Audla said, polar bear would definitely be on it.

"It's lean and there's a certain rich texture to it. It's a cross between lamb and pork and is good eating."

GRAHAM LANKTREE/METRO



Arctic hare ragu

Terry Audla, president of the Inuit Tapiriit Kanatami, samples an Arctic hare ragu prepared for A Taste of the Arctic.

Char tartare

Candied char tartare and spiced crowberry salsa.



GRAHAM LANKTREE/METRO

5

new takes on Inuit cuisine

Smoked goose

Smoked goose breast, cracked juniper aioli and rye crisp. The food isn't the only draw with a cultural program filled with Nunavik singer Beatrice Deer, the Inuvik Drummers and Dancers and tunes spun by DJ Madeskimo.



GRAHAM LANKTREE/METRO

5

Icewine mousse

A chocolate icewine mousse-line with Northern delights tea mallow brûlée. Tickets for A Taste of the Arctic are \$199. For details go to itk.ca/taste-arctic.



GRAHAM LANKTREE/METRO

Caribou loin

Pepper-seared rare tataki of caribou loin. Soy shitaki sauté with young radish leaves.



GRAHAM LANKTREE/METRO

2

Laureen Harper boosts Youth Services Bureau's mental-health programs

After years of neglect, youth mental illness is getting the attention it desperately needs, said Laureen Harper as she toured Ottawa's Youth Services Bureau downtown drop-in centre Monday.

"Children that I know who have had mental-health issues don't necessarily have happy endings," said Harper, honorary chair of the Kaleidoscope of Hope Gala, which last October raised \$65,000 for the YSB and several similar charities. "But that doesn't mean that we can't have happy endings. The kids are downtown, so this is where it needs to be."

Harper said programs such as the YSB's mental-health walk-in clinic on Besserer Street are at the



City councillor Allan Hubley listens as the prime minister's wife, Laureen Harper, praises programs offered at Ottawa's Youth Services Bureau.

GRAHAM LANKTREE/METRO

more and more adults, who are role models for youth, "now admit that they've had depression and mental-health issues."

The drop-in centre serves more than 1,000 youth who live on the street or stay there part time.

Due to their circumstances, many struggle with mental health and are especially vulnerable since they don't have a reliable support system, Harper said.

"My son had a friend who played sports with him. He was always late. We found out he had no parents," she said.

"All of a sudden, every little thing that he could do, we thought, 'Wow!' Not having a guardian makes everything a struggle."

GRAHAM LANKTREE/METRO

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Papal end of days to be both chaotic and stable

Benedict XVI resigns.

After breaking 600-year taboo, pope holds great sway over successor vote

Declaring that he lacks the strength to do his job, Pope Benedict XVI announced Monday he will resign Feb. 28 — becoming the first pontiff to step down in 600 years. His decision sets the stage for a mid-March conclave to elect a new leader for a Catholic Church in deep turmoil.

The 85-year-old Pope dropped the bombshell in Latin during a meeting of Vatican cardinals, surprising even his closest collaborators even though he had made clear previously that he would step down if he became too old or infirm to carry on.

The move allows the Vatican to hold a conclave before Easter to elect a new pope, since the traditional nine days of mourning following the death of a



Benedict XVI called it OK for a pontiff to resign for ill health, but not to escape scandal, in 2010. FRANCO ORIGLIA/GETTY IMAGES FILE

pope don't have to be observed.

It will also allow Benedict to hold great sway over the choice of his successor, though he will not vote. He has already hand-picked the bulk of the College of Cardinals — who will elect the next pope — to guarantee

his conservative legacy and ensure an orthodox future.

Benedict in 2007 passed a decree requiring a two-thirds majority to elect a pope, changing the rules established by John Paul who had decided that the voting could shift to

a simple majority after about 12 days of inconclusive voting. Benedict did so to prevent cardinals from merely holding out until the 12 days had passed to push through a candidate who had only a slim majority.

THE ASSOCIATED PRESS

Succession odds

God does not play dice — but we do

Bookmakers have been quick to offer odds on candidates to replace Pope Benedict XVI, with cardinals from Ghana, Nigeria and Canada among the early favourites.

Ghana's Cardinal Peter Turkson, Canada's Cardinal Marc Ouellet and Cardinal Francis Arinze of Nigeria lead in betting with Britain's major bookmakers.

William Hill made Turkson — one of the highest-ranking African cardinals at the Vatican — its 3-1 favourite Monday, followed by Ouellet at 7-2 and Arinze at 4-1.

THE ASSOCIATED PRESS

Harper speaks

Canadian reaction

Prime Minister Stephen Harper says he's shocked to hear Pope Benedict is renouncing the papacy.

Harper has issued a statement in which he describes a 2009 meeting with a "deeply spiritual" man, saying the pontiff has dedicated his life to serving God and his faith and that he will be missed.

Harper noted that during his papacy two Canadians — Andre Bessette and Kateri Tekakwitha — were canonized and Archbishop Thomas Collins of Toronto was elevated to the College of Cardinals.

Meanwhile, Canadian Marc Cardinal Ouellet is being touted as one of the likeliest candidates for the papacy.

In an interview published last April by the Catholic news organization Salt + Light TV, Ouellet was asked whether he had hopes of becoming pope.

"I don't see myself at this level, not at all ... because I see how much it entails (in terms of) responsibility," he said.

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Discovery reality-show copter crash kills three

New military-themed program. Production company co-operating with authorities

Authorities have identified the bodies of three people killed in a helicopter crash in a rural area of northern Los Angeles County while filming for a new reality TV show for the Discovery Channel.

The copter crashed at about 3:40 a.m. local time Sunday at the popular filming location of Pola Rosa Ranch in the city of Acton, Los Angeles County Fire dispatcher Robert Diaz said.

All three people aboard died. Coroner's spokesman Ed Winter identified the victims Monday as David Gene Gibbs, 59, Darren Arthur Rydstrom, 46, and Michael William Donatelli, 45.

The show, listed on a filming permit as an untitled military-themed TV program, had not yet been aired or announced by Discovery, channel spokeswoman Laurie Goldberg said. **THE ASSOCIATED PRESS**



Storm hits like ton of bricks

A crushed truck sits outside a severely damaged Presbyterian church in Hattiesburg, Miss. Monday, one day after a tornado touched down. Emergency officials said at least 10 people were injured in surrounding Forrest County and three were hurt to the west in Marion County, but they weren't aware of any deaths caused by the storms.

ROGELIO V. SOLIS/THE ASSOCIATED PRESS

Foreign children

U.S. agencies close over adoption woes

The lone U.S. adoption agency accredited in Kyrgyzstan is shutting down due to financial troubles, a new setback for about 15 American families battling since 2008 to complete adoptions there.

The North Carolina-based agency, Christian World Adoption, said an array of factors abroad had boosted its costs and cut its income to the point where it would file

for bankruptcy.

Another U.S. adoption agency also is closing, blaming Russia's recently imposed ban on adoptions by Americans. Illinois-based Adoption ARK said its program in Russia had provided more than half of its income.

The two closures highlight the challenges facing many U.S. agencies that specialize in international adoptions. Americans adopted 8,668 foreign children last year, down 62 per cent from the peak of 22,884 in 2004.

THE ASSOCIATED PRESS

Feed fight

U.S. has beef with Russia's meat ban

The United States is blasting a Russian move to ban the import of U.S. beef, pork and turkey.

The ban went into effect Monday. Russian officials said it would last until the U.S. could guarantee that its exported meat did not include an animal feed additive called ractopamine. The additive is banned in the European Union and Russia.

but the U.S. considers it safe.

U.S. Trade Representative Ron Kirk and Agricultural Secretary Tom Vilsack said in a statement that Russia had disregarded scientific studies that they say have found ractopamine in animals safe for human consumption.

The Russian ban comes amid tensions over a U.S. law imposing sanctions on Russian officials accused of rights violations. Russia retaliated by banning U.S. adoptions of Russian children. **THE ASSOCIATED PRESS**

Other Pola Rosa deaths

- The "movie ranch" location was the site of another entertainment industry death in September, when a 48-year-old crew member died of an apparent heart attack while underwater in scuba gear on the set of the upcoming Johnny Depp film *The Lone Ranger*.
- Sunday's wreck was just 40 kilometres from a similar rural spot in Santa Clarita where actor Vic Morrow and two children were killed in another helicopter crash while filming the *Twilight Zone* movie in 1982.
- That crash brought changes in production restrictions and led to producer John Landis and four others being charged with involuntary manslaughter. All were acquitted.



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Bill killed. Tories back off on their own Internet surveillance legislation

The Conservative government has abandoned its controversial and much-maligned Internet surveillance bill, legislation it once claimed was crucial to stopping child pornographers.

Less than a year ago support for Bill C-30, the so-called Protecting Children from Internet Predators Act, was presented to Canadians by the government as a binary choice. "He can either stand with

us or stand with the child pornographers," Public Safety Minister Vic Toews scolded a Liberal critic in the House of Commons last February.

The comment set off a public firestorm concerning the Internet and personal privacy — a nasty fight that resulted in unsavoury details of Toews' divorce being splashed across the web by a Liberal party operative.

Toews, who introduced the legislation, did not attend Monday's news conference where Justice Minister Rob Nicholson said Bill C-30 is dead. After announcing changes to emergency warrantless wiretap laws, Nicholson let drop that C-30 was gone, in response to a reporter's question — an inquiry the minister was clearly expecting.

"Any attempts ... to modernize the Criminal Code will not contain the measures in C-30 — including the warrantless mandatory disclosure of basic subscriber information, or the requirement for telecommunications service providers to build intercept capabilities within their systems," Nicholson said.

THE CANADIAN PRESS

Significant move

The proposed legislation infuriated a wide cross-section of opponents, including privacy and civil-liberties advocates.

- "I don't think we should underestimate the significance of a majority government backing down on a piece of its legislation," said Michael Geist, the chair of Internet and e-commerce law at the University of Ottawa.

- "This is truly unprecedented within the context of this government," he said.

THE CANADIAN PRESS

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Tugboats expected to reach disabled U.S. cruise ship

MS Carnival Triumph.

Engine fire erupted Sunday, stranding more than 4,000 at sea

Passengers aboard a cruise vessel stranded in the Gulf of Mexico had limited access to hot coffee, food and bathrooms on Monday as they waited for two tugboats to arrive to tow them to Mexico, Carnival Cruise Lines said in a statement.

The Carnival Triumph has been floating aimlessly about 240 kilometres off the Yucatan Peninsula since a fire erupted in the aft engine room early Sunday, knocking out the ship's propulsion system. No one was injured and the fire was extinguished. The ship has been operating on backup generator power since the incident, the statement said.

The ship, which left Galveston, Tex., on Thursday and was scheduled to return there Monday, will instead be towed to Progreso, Mexico, on Wednesday. The tugboats were expected to arrive later Monday, Carnival spokesman Vance Guliksen said in an email.

THE ASSOCIATED PRESS



Selling secrets

U.S. recommends 17 1/2 years in prison for guard

The government is recommending a 17 1/2-year prison term for an American security guard who admits he tried to sell secret photos and other secret information to China's Ministry of State Security after the guard lost \$159,000 in the stock market.

The Justice Department says Bryan Underwood took photographs of restricted areas at the new U.S. consulate in Guangzhou and planned to use them to help China eavesdrop on U.S. officials.

THE ASSOCIATED PRESS

Northwest Pakistan

Taliban warns against selling Viagra, movies

The head of a trade association for a large market in northwestern Pakistan says the Taliban have warned shopkeepers not to sell sex-related drugs like Viagra, or obscene films.

Shamsher Khan Afridi says he received a text message from the Pakistani Taliban on Saturday with the warning. Afridi said Monday that he distributed a pamphlet to thousands of shopkeepers in the Karkhano market in Peshawar city asking them to comply with the order.

THE ASSOCIATED PRESS

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There are hits ... and there are misses

A jacket named Fred, and other e-dating horror stories

While there are many success stories thanks to online dating, there are definitely some dates stemming from the Internet that don't turn out so well.



"This girl would barely speak to me on dates, but as soon as the date was over (sometimes even before I had made it back to my car) I would get text messages or emails about how well she thought things were going, and asking if I wanted to pursue a relationship with her."

Miguel D., 33

"I stopped talking to a guy that I was getting creepy vibes from and didn't want to pursue meeting.



After being at my parents' house over Christmas though, I found out he had been trying to add my mom to Facebook for a couple of months — but I never give out any information other than my first name."

Jenna B., 23



"After two days of texting, this 25-year-old asked me what I was doing, to which I replied: 'Not much, just got out of The Hobbit.' He replied: 'What is that?! Some weird sex position?'

And now his number is blocked."

Steph D., 26

"Last year, the day before Valentine's Day, I met 'Fred.' We met at a downtown coffee shop. Jason walked in and he looked nothing like his profile picture.



Wearing jeans and a denim jacket, he took off his outer leather jacket and flopped it onto a neighbouring chair. When a passerby asked if she could use the chair, Jason grabbed his jacket and yelled 'Fred!' (what he named his jacket) 'Come back here and don't run away again!'

Jason then spanked the poor coat and threw it over his shoulder.

I was too embarrassed to even look at the girl dragging the chair away."

Amy C., 23

COMPILED BY HEATHER MCINTYRE/METRO

ALL EMOJICONS ISTOCK IMAGES

Got an e-dating-gone-wrong story of your own?
Email us at readers@metronews.ca.

Give thanks to these forebears

Yahoo! Rise of web-based hubs fuels possibilities for romance online

COMPILED BY LAURIE CALLSEN/METRO



- 1994: Kiss.com is launched. The site is still active and boasts 12 million users.

THEY FOUND LOVE I

Click! In the name love. Edmonton-area couples have been meeting online for years. The difference now is more admit it, as growing numbers sign up in search of the same success



HEATHER MCINTYRE
Metro in Edmonton



sonal Coaching and Counseling, noting that one in five couples today begin their relationship online.

The 25-year-old believes the growth in use of the partnership method has to do with a fear of rejection, and a draw towards being able to "sift through people and find somebody you think you're highly probable to like and enjoy being around without having to deal with a face-to-face awkward meeting."

Of course, those who have signed up to virtually meet others have done so for different reasons.

For 41-year-old Edmonton man Robin Taylor, who met wife Andrea, 40, nine years ago on Lavalife, it was due to where he was at in his life.

"I had come out of a long-term relationship and ... I was 32, so my previous dating experience prior to that was in my 20s. The world had changed and I wanted to change with it," he said.

F o r
25-year-
old



Mixing technology and romance is no longer seen as taboo — as our models show Dowhaniuk, inset, fuel the popularity of e-dating. HEATHER MCINTYRE/METRO

Catherine Dowhaniuk, who signed up for Lavalife at the tender age of 16, it was in order to make new friends

and meet people. She didn't expect to meet Mark, now 32. The Spruce Grove couple married in 2010.

"I think it's a great way to meet people, especially if you're busy all the time," she said. "Whether you make friendships or actually find that person that you love, it's still a great experience altogether."

While they preach the success of online dating because they are proof it can work, those who met through the Internet nearly 10 years ago have a different outlook on the process of filling out a



- 1996: Sixteen online dating websites are listed on Yahoo!



- 2002: Friendster and MySpace are created, adding another realm where users can interact (and fall in love).



- 1998: The Meg Ryan and Tom Hanks rom-com You've Got Mail helps bring online dating to the mainstream.

N AN ONLINE SPACE



— now that more and more online success stories, like those of Robin and Andrea Taylor and Mark and Catherine

Quoted

"For the most part, you can try to match up with other people as best as you can, but of course it still doesn't guarantee when you meet that the chemistry will be there. But there's no harm in trying."

Ryan Jakovljevic, Edmonton personal relationship consultant

questionnaire and chatting through email leading up to a first date now than they did when they were doing it.

Laura Frey met husband Jason on Lavalife in 2003. The Edmonton pair went on their first date on Valentine's Day in 2004, were married the

same day five years later, and now have two children.

"We didn't even tell people how we met," said Frey, 32. "If people asked me, I would totally avoid the question because I was embarrassed — whereas now I just tell people because it's easy."

normal and everyone does it."

In fact, according to Lavalife, more than 1.7 million members exchange more than 700,000 messages every day. Plenty of Fish boasts more than seven million conversations daily.

That change in attitude, and the growing number of people signing up for the sites looking to find a match, prove there is less of a stigma about the idea in 2013 than there used to be.

But that doesn't mean it's easy.

Valerie Bielenda didn't meet her husband, Mark,

Playing the odds

1 in 5

According to Edmonton personal relationship consultant Ryan Jakovljevic, one in five couples meet online nowadays.

whom she married in 2006, until signing up for Lavalife a second time in 2004.

"When I went back online the second time, the first guy I met, he was kind of a sleaze," said the 36-year-old Edmonton woman. "So when you meet somebody like that it's discouraging because you're thinking: 'His profile picture is nice, his pictures are nice, seems like a nice guy,' and then you meet him and all he wants is one thing.

"So it's discouraging, but ... you just have to keep at it."

Criticisms of online dating are that the websites promote hooking up, social isolation, and easy options that could instigate wandering eyes.

Jakovljevic admits it doesn't always work.

"Dating is largely based on whether or not you feel that attraction, that sort of connection like maybe you have known this person for a long time even if you haven't. And we still don't know quite what on paper creates that — is it similarities? Is it differences? Is it experiences? And although we're getting closer, online dating still hasn't found a way to describe that."

But it is now a mainstream way to form relationships that will succeed and fail, perhaps on a similar level as the ones that start in the grocery store, at the coffee shop, through friends or in the bar, he added.

"I would say that more people succeed than not, put it that way."

Exclusively online

For all our stories on online dating, including infographics, video and more, go to metrone.ca/datingfeature



HE HAD COFFEE, SHE HAD TEA

If you're searching for your soulmate online, the Bielendas' love match may give you hope

When Valerie Bielenda went on a date to a Second Cup in downtown Edmonton back in 2004, she took something most don't on dates.

"I had a friend go and sit so that he could watch me to make sure it was safe," she said with a laugh.

That was because she was meeting Mark, whom she had initiated conversation with through online dating website Lavalife.

There was no need to worry though, as the couple chatted until the coffee shop closed, then moved on to Denny's, where they continued talking.

The pair had started chatting online about a week before they had met.

Valerie, now 36, had been on the site before, and was trying it for a second time.

"Being older, 27, 28, it's harder to meet people because everybody in your age group is already married or paired up with somebody," she said.

Mark, now 38, said it was simply tough to meet girls at bars, and nothing transpired

with those met elsewhere.

The duo married on May 20, 2006, in front of 150 guests.

Many friends, mainly of Mark's, still don't know how they met.

"They don't know, so surprise!" laughed Valerie. "We just kind of never told them that we met online. I think, at the time, they would have bugged him a lot, but it is what it is. We're older now, we don't care."

"And it clearly worked out."

That — and it's more mainstream, added Mark.

"This is just another way of meeting your soulmate."

As the Bielendas, who still remember what one another was wearing, as well as what they had to drink on that first date, await adoption news, they do ponder what will be the next way people meet their partners.

"Twitter," said Valerie. "Isn't that how you meet people nowadays?"

HEATHER MCINTYRE/METRO

Part 2 of 3

YESTERDAY
Is traditional dating dead?

TODAY
The rise of the e-dating jungle

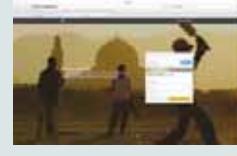
TOMORROW
E-dating success: How to shine online



• 2004: Facebook is created.



• 2006: Social-networking website Twitter is created.



• 2009: An eHarmony survey finds that nearly five per cent of U.S. marriages are from matches made on the site.

- 2005: A Pew Research Centre report estimates that three million Americans had entered into long-term relationships or marriage as a result of meeting on a dating website.

- 2007: Online Dating Magazine says more than 20 million people visit at least one online dating website a day.

- 2009: An eHarmony survey finds that nearly five per cent of U.S. marriages are from matches made on the site.

Alta. E. coli outbreak. XL Foods review panel's tab could hit \$3,500/day

It will cost taxpayers up to \$3,500 a day, plus expenses, for a panel to review the E. coli outbreak at an Alberta meat plant last fall.

The federal government last week launched a review of the outbreak of the potentially deadly bacteria at the XL Foods Inc. plant in Brooks, Alta. The review will be conducted by an independent, three-member panel.

A cabinet order dated Feb. 5 shows that Ronald Lewis, the former chief veterinary officer for British Columbia, will be paid up to \$1,300 a day to chair the panel. The two other members, Northwest Territories chief public health officer Andre Corriveau and Ronald

Review mandate

- The review is to focus on what contributed to the outbreak at XL Foods, how well the Canadian Food Inspection Agency responded and why tainted meat ended up on store shelves and in people's kitchens.

Usborne, a former executive with Caravelle Foods, will each be paid up to \$1,100 per day.

Other expenses, including travel, accommodation and hiring expert staff will add to the overall bill. **THE CANADIAN PRESS**

Market Minute



DOLLAR
99.57¢
(-0.16¢)



TSX
12,748.15 (-53.08)



OIL
\$97.03 US (+\$1.31)



GOLD
\$1,649.10 US (-\$17.80)

Natural gas: \$3.29 (+2¢)
Dow Jones: 13,971.24 (-21.73)



These Findus Beef Moussaka packs were removed from shelves in a shop in Ville d'Avray, outside Paris, on Monday, after horsemeat was discovered in some frozen meals. A complex web of trading between wholesalers in Europe is making it difficult for officials to figure out exactly who is passing off horsemeat as beef. CHRISTOPHE ENA/THE ASSOCIATED PRESS

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Who's hiding the horsemeat? EU regulators aim to find out

Bogus beef. As equine flesh turns up in frozen dinners, officials realize supply-chain fraud may be quite widespread

Quoted

"There are people who are out there to defraud, who are looking to cheat."

France's agriculture minister Stephane Le Foll, speaking to RTL radio

A maze of trading between meat wholesalers has made it increasingly difficult to trace the origins of food — enabling horsemeat disguised as beef to be sold in frozen meals across Europe. France's agricultural minister said Monday that regulators must find a way "out of the fog."

The European horsemeat scandal — where the cheaper meat was substituted for beef in everything from burgers to frozen lasagna — is growing, involving more countries, companies and more finger-pointing by the day.

France says Romanian butchers, and Dutch and Cypriot traders were part of a supply chain that resulted in horsemeat being labelled as beef before it was included in frozen dinners including lasagna, moussaka and a similar French

dish called hachis parmentier.

Swedish officials were meeting Monday with executives from the biggest supermarket chains to get an overview of how widespread the fraud is, while in Paris top French government officials and meat producers were gathering to get a handle on the crisis, which has snared a French food processing company.

Agriculture Minister Stephane Le Foll said the results of the French investigation into the horsemeat fraud would be released Wednesday.

No one has reported health risks from the mislabelled meat, which came from a complex supply chain. But clearly some company in the food chain benefited from selling the much cheaper horsemeat as beef. **THE ASSOCIATED PRESS**

N.Y.C. Food producers cut salt following city-led campaign

Twenty-one companies have met targets in a New York City-led effort to get restaurants and food manufacturers nationwide to lighten up on salt, Mayor Michael Bloomberg said Monday.

The improved products range from Butterball cold cuts to Heinz ketchup to some Starbucks breakfast sandwiches, according to Bloomberg.

The salt campaign — one in a series of novel but controversial healthy-eating initiatives on Bloomberg's 11-year

tenure — takes aim at foods ranging from hot dogs to soup to popcorn. Noting that Americans eat about twice as much salt as they should and citing its link to high blood pressure and resulting diseases, the city set voluntary guidelines in 2010 for various restaurant and store-bought foods.

The targets included cutting salt in breakfast cereals and

flavoured snack chips by 40 per cent, and trimming 25 per cent of the salt in cold cuts, processed cheese and salsa.

Bloomberg has seized on improving New Yorkers' eating habits as a public-health priority, leading charges that have banned trans fats from restaurant meals, forced chain eateries to post calorie counts on menus and limited the size of some sugary drinks.

THE ASSOCIATED PRESS

Air travel

WestJet to launch Encore regional service in B.C.

WestJet Airlines is boosting its base in Western Canada by launching its new Encore regional service in June to British Columbia's energy region using the airline's first Bombardier turboprops. The airline will begin with daily flights between Fort St. John, B.C. and Vancouver, and Fort St. John and Calgary.

WestJet plans to introduce Encore to Eastern Canada in about nine to 12 months. **THE CANADIAN PRESS**

Fraud case

Ex-SNC CEO is formally charged

Pierre Duhaime, the former chief executive of Canada's biggest engineering firm, has been granted permission to travel within the country pending a criminal trial on fraud charges.

Duhaime, once the head of engineering powerhouse SNC-Lavalin, was formally charged with fraud on Monday. He was not required to be present in the courtroom, and his lawyer, Michel Massicotte, pleaded not guilty on his behalf. **THE CANADIAN PRESS**

Wireless code

Consumer groups, cellphone industry face off at hearings

Consumer groups and a cellphone industry with starkly opposed views about contracts for handheld devices began to make their cases Monday as the CRTC opened public hearings in Gatineau, Que. on a proposed wireless code.

Representatives of three consumer groups urged the national telecom regulator to do away with three-year terms in favour of capping contracts at two years.

THE CANADIAN PRESS

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GO LOVE YOURSELF



SHE SAYS...
Jessica Napier
metronews.ca

OK everyone: We need to resurface from underneath the piles of candied sweethearts and overpriced floral bouquets and take a second to breathe. Valentine's Day can be a lovely opportunity to express affection for others, but I'd like you to forget about that for a moment and turn inward to focus on another important kind of love: self-love. No, not the home-alone-with-your-laptop-and-a-box-of-tissues kind of self-love, but the happiness that comes from being truly confident with who you are.

Clichéd as it might sound, you can't be happy with a partner unless you're happy with yourself. Making a conscious decision to love yourself — and that includes embracing all of the so-called flaws that make you you — is a prerequisite to accomplishing your life goals and being content both in and out of romantic relationships.

People born into the millennial generation, with birthdays somewhere between the early 1980s and the early 2000s, are often accused of having a little too much self-love. We've been labelled as a coddled cohort of entitled brats, children spoiled by our helicopter parents' admiration who then grow up into narcissistic young adults obsessed with Instagramming our own self-portraits.

But is having an inflated self-esteem really such a bad thing?

My own piano-lesson-funding parents constantly reassured me that I could be or do anything I wanted, and today, aside from momentary bouts of economy-induced insecurity, I believe them. I have an embarrassing number of "selfies" on my iPhone camera roll because sometimes I think my hair looks really good.

I have wonderful friends and a good job and I can be quite funny sometimes, so I'm told. I don't love myself unconditionally every moment of every day but overall I think I'm pretty great.

Of course, I've read enough scathing reader comments online to know that there are countless people who would disagree with me on my self-evaluation, but that's OK.

Sometimes the hardest part about loving yourself is learning how to block out the cynics and manage your own inner monologue of self-doubt.

I'm not advocating a cultural shift toward egotistical self-interest, but I think we could all do a better job at feeling good about ourselves and showing it off.

Canadians have a habit of being apologetic and self-deprecating. It's arguably a lot easier — and often more comedic — to simply make fun of ourselves rather than display our confidence outwardly.

But we shouldn't undermine our own self-worth in the name of modesty and agreeableness.



Looking for love this Valentine's Day? Look within. FLICKR.COM: _ABHI_*

I don't need your opinion

Sometimes the hardest part about loving yourself is learning how to block out the cynics and manage your own inner monologue of self-doubt.

Skirting around winter blahs



THOMAS LOHNE/GETTY IMAGES

Carnival festivities

Umbrella men in skirts revel at fest

On a cold Monday, Germans are in a mood for dancing.

Revellers in Herbstein take part in Springerzug, literally "jumping parade," a local Carnival tradition.

Rose Monday is the high point of the annual Carnival in the region between Mainz, Cologne and Düsseldorf, where since 1823 people celebrate free-spirited merrymaking before Lent. METRO

Satire in float formation

Political parody is central to Carnival

Floats with satirical portrayals of politicians are a traditional part of Carnival celebrations in Germany's Rhineland.

One float in Cologne this year depicts Chancellor Angela Merkel as a mother sow, with piglets wearing European flags suckling at her teats.

In Düsseldorf, Merkel was paraded through the streets, with a Hitler-like moustache being drawn on by a Greek.

METRO

Carnival facts

- Time.** Carnival week begins on the Thursday before Ash Wednesday and finishes on Ash Wednesday.
- Origins.** In the early 19th century, fun-loving expression (using parody and mockery) was seen as an act of defiance against Prussian and French occupation. Seeking to deride the orderliness of the Prussian soldiers, locals would don extravagant costumes and carry wooden rifles with flowers protruding from the barrels.
- Money-maker.** Almost \$2.7 billion US of revenue is generated by the carnival season in Germany, according to German Carnival Association.
- Candy cache.** During Cologne's Shrove Monday (Rose Monday) procession, 330 tons of candy, 700,000 chocolate bars and 220,000 chocolate boxes are thrown into the crowds lining the streets.



Twitter

@KaylaFasken: Lots of people talk and few of them know, soul of a woman was created below

@ZachSenyshyn: "Alan Hungover: No mom, you're mad because you're wrong, not because I'm talking back..." @mela-roosenyshyn

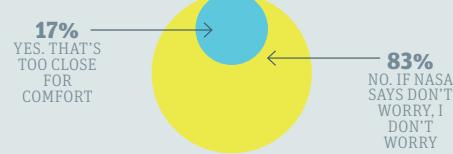
@streissuter: This is chai tea latte #4

@A_Bishop24: Who's making me dinner tonight?



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A jet-sized asteroid will come so close to Earth this week that it will be between us and our weather satellites. Are you scared?



DVD review



Skyfall

Director: Sam Mendes

Stars: Daniel Craig, Javier Bardem, Naomie Harris

•••••

The 23rd official James Bond film seems as fresh as the first did 51 years ago. Daniel Craig's third stint as 007 finds him wounded and besieged, finally dealing with the calendar's cruel accounting.

Bond must fight a threat that is at once more understandable and more complex than in the past. Leering menace Silva (Javier Bardem) has a computer drive containing a list of NATO officials secretly embedded with terrorist organizations. He plans to expose five at a time, putting many lives at risk. Can Bond stop him?

An early chase scene in Istanbul, which thrillingly recalls the parkour start of Casino Royale, raises doubt — and suspense.

007 still scores with the ladies, who are no longer "Bond girls," but women. Dame Judi Dench is back as spy boss M, turning in a steely performance. Ralph Fiennes, Ben Wishaw and Albert Finney add their own star power.

Director Sam Mendes, a series newcomer, skillfully blends 007 tradition with innovation, making viewers fall for Bond all over again.

Extras includes commentaries and multiple featurettes.

PETER HOWELL



Wanda Sykes brings her brand of comedy to Niagara Falls this week. GETTY IMAGES

Honeymoon with Wanda

Coming to Canada. Comedian shares her thoughts on Niagara Falls, champagne bathtubs and Jodie Foster



NED EHRBAR

Metro World News in Hollywood

Comedian Wanda Sykes brings her standup act to Niagara Falls this week, so we wanted to check in with her about old-fashioned tourist destinations and comparing American and Canadian audiences. She also has some notes for Jodie Foster

following Foster's headline-grabbing Golden Globes speech last month.

Is there anything you do to modify your show for Canadian audiences?

Not really. You know, I might not do as much with American politics or something, but mainly it's about the same. I don't really switch it too much. Now my act is so much more about personal life and family and kids and stuff, so I think it's a little more relatable. Canadians like to be made fun of. It's kind of like they expect it, and if you don't make fun of them, then they're like, "Come on." Like they ask for it, it's so funny.

When I think of Niagara Falls, I immediately think of old-fashioned, hokey honeymoons. What's your association with it?

I still think about the people going over it in a barrel. I guess that. But yeah, you think of the hokey honeymoon with the champagne bathtub and the heart-shaped waterbed and stuff like that. But I was told that I would not have any of that in my room. But I just did Leno, and he's played there, and he told me that you can see the Falls right from your room, and it's really fun and nice to look at for about 90 seconds, and then you have to pee. But that might be an old man thing. We'll see if I'll be peeing a lot.

Did you just call Jay Leno an old man?

I will call Jay Leno an old man to his face. He knows that.

You handled your coming out of the closet very gracefully. Did you happen to see Jodie Foster's speech at the Golden Globes?

I did. I was confused. I was really confused, because I was like, "Wait a minute, is she making a speech and taking up all this time really to say that she's not coming out?" I mean, then just don't come out. To me it was more confusing than what she was trying to do. It just didn't work for me, I should just say that.

Naomi puts her best face forward

Model search. One of the world's original supermodels turns to TV to find the visage to represent ULTA Beauty

NED EHRBAR

Metro World News in Hollywood

Naomi Campbell is heading to TV, joining fellow models Coco Rocha and Karolina Kurkova along with photographer Nigel Barker with the Face, their search for the model who can best represent ULTA Beauty. It's

a daunting task, but the 42-year-old Campbell knows what she's looking for.

Reality TV is the new model training ground

"There is no model handbook," Campbell says. "Coming from the '90s, we basically just had to learn as we went along and, of course, I would ask Iman or other models who were around me to show me how to do things. But I think things have changed and now I think a show like this is absolutely needed."

She knows talent

"We're looking for someone

who catches your eye, is driven, passionate, can take direction," she says. "It's someone that, you know, walks into the room and takes your breath away. We are looking for a supermodel like ourselves that can be the new Naomi, the new Karolina, the new Coco."

The girls better not take this opportunity for granted

"I was always told in the beginning the big end goal was you work, work, work, work and then you get this big contract at the end, like ULTA Beauty, which is in 500 stores across America," she

says. "This is a big deal for someone to win this contract. They instantly become a household name."

It's time for her to give back

"I mean, I've been asked, like, for the last 12 years to do television," Campbell admits. "For me, what was attractive about (the Face was) just the whole thing about mentoring. I've been working for 26 years, and I felt like I do have something that I can share from the business of 26 years under my belt and giving it over to young, hopeful supermodels who want to be in our business today."



Naomi Campbell GETTY IMAGES

2
SCENE

The dating food guide

Dr. Dawn Harper, a health expert on the award winning British TV show *Embarrassing Bodies*, talks us through what we should and shouldn't eat or drink before, during and after a hot date.

ROMINA MCGUINNESS
romina.mcguinness@metro.lu

BEFORE



TAKE A PROBIOTIC If you know that you suffer from gas, taking a probiotic (as a supplement or in your yogurt or cereal) will help with your digestion.



BEAT THE BLOAT Constipation causes bloating. Increase the fibre in your diet by eating more fruit and vegetables two to three days before the date.



FILL UP ON H₂O Drink plenty of fluids. A dehydrated mouth is a smelly one.



DON'T DRINK ON AN EMPTY STOMACH But if you're going for dinner, you can't afford to be too full either. Have something small, like a cookie and a glass of milk, to line your stomach.

DURING THE DATE



SKIP THE SPAGHETTI If I were going out to impress, I wouldn't order a pasta-based dish. I've yet to meet somebody who could eat spaghetti easily — it may dribble down your face. Choose something you know you can eat relatively elegantly.



SKIP THE ESPRESSO End the meal with a peppermint tea or a sweet. This will freshen your breath and help ease digestion.



AVOID GASSY FOODS Our body produces around two litres of bowel gas a day ... but you don't want to be burping or breaking wind when you're trying to have a romantic evening, do you? Foods such as beans, pulses, onions, cabbage, sprouts, cauliflower and artichokes increase production of gas. Avoid any awkwardness by removing these foods from your diet for a while.



PACE YOURSELF Eat slowly! It can take 20 minutes for the hormones secreted in your stomach to get the message through to the brain indicating that you're full. If you eat too fast, you may have overdone it by the time your brain goes, "Wait, slow down!" And then you'll be left with that horrible feeling that you've got a brick lodged in your stomach.



WATCH YOUR MOUTH Spicy or garlicky foods can cause bad breath. Be conscious of what your other half is eating and follow suit. Tip: if your dish comes with a parsley garnish, chew on that as it will help get rid of any nasty smells in your mouth.

AFTER



DON'T SAY WE DIDN'T WARN YOU... If you were a complete pig at dinner, then you're probably going to want to lie down, hold your belly and groan. You won't be up for a night of passion.



PRACTISE SAFE SEX ... The nicest people can and do get sexually transmitted diseases. You might be out with Mr. or Ms. Wonderful — but genitals don't know that, and neither do the bugs that party down there. Make sure you use protection — if you're not crippled by stomach cramps from eating too much food, that is.

Close encounters

...and other health issues you might want to be aware of

Teeth. According to Harper, we should all be brushing our teeth twice a day and flossing at least once. Doing so will remove the tiny particles lodged between the teeth, which can become a source of bad breath when broken down by bacteria. You can also use a tongue scraper.

Food hygiene. Avoid buffet style meals, warns Harper: "Food that's been out hanging around at room temperature for a long while is more likely to be contaminated."

Body odor. You sweat, you wash — makes sense, right? Ironically, that's actually the worst thing you could do. "Fresh sweat doesn't smell — pungent BO is the result of sweat being broken down by the bacteria on your skin," says Harper. "This is because the skin is slightly acidic, so when you use a normal perfumed soap, which is slightly alkaline, you're changing the pH of the skin and creating an environment that's better for the bacteria to grow. It's a vicious cycle. The bacteria have had a chance to replicate and proliferate and now there are more of them breaking the sweat down, making the smell worse. Use pH balanced soap to slow down the production of bacteria."

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While mouthwash kills germs in your mouth, it is powerless against the common cold. ISTOCK PHOTOS

Health truths and falsehoods



BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

In each issue of Best Health magazine, we offer Canadians real answers to everyday questions when it comes to health, beauty, fitness and nutrition. One of our regular columns is What Works, What Doesn't, and it appears in our January/February issue, on newsstands now. Here are some highlights from that article:

1. Will mouthwash actually kill cold germs?

No. While oral rinses with antiseptics do kill germs that live in your mouth, they don't protect against or treat the common cold.

2. Can eating fish fight depression?

Yes. The rates of serious depression are lowest in countries where lots of fish is consumed. The brain is about 60 per cent fat, much of it in the form of the DHA and EPA omega-3 fatty acids in fish. Depressed people tend to have low blood levels of DHA and EPA.

3. Do you still need to wear sunglasses in winter?

Yes. Sunglasses protect against common vision-robbing conditions, such as cataracts and age-related macular degeneration, caused by the sun's ultraviolet rays. Sunglasses are not just for summer. Snow reflects 80 per cent of sunlight — three times more than water and five times more than sand.

TO CLAIM YOUR FREE COPY OF A FUTURE ISSUE OF BEST HEALTH MAGAZINE, GO TO BESTHEALTHMAG.CA/METRONEWS.

Times a changin'

TV and movies offer complex characters that help both the ill and others identify

Bipolar used to be shorthand in a movie: a sign someone was possibly paranoid and probably dangerous. But in Silver Linings Playbook and Homeland, audiences have been introduced to characters who are far less stereotypical. They're main characters. They struggle with the disorder, without being defined by it, and they're definitely the good guys.

That's not coincidental — the writers of the movie and the show are trying to make their characters more realistic, borrowing from personal experience with people who have mental illness.

Claire Danes won an Emmy and a Golden Globe for her performance as Carrie Mathison in Homeland, and the show received a Voice Award from the U.S. Substance Abuse and Mental Health Services Administration for an episode in which Carrie is hospitalized.

"Carrie, as a character, and Claire as the actress portraying that character, has a very fine line to walk. She has to appear unbalanced and competent at the same time," says Homeland executive producer and co-creator Alex Gansa.

"The truth is that a lot of bipolar people are very high functioning and learn to mask and to recognize the symptoms



Silver Linings Playbook has been nominated for eight Oscars, including best actor for Bradley Cooper's portrayal of Pat Solitano, the lead character in the movie who is dealing with mental health issues. HANDOUT

Time to talk

- Today marks Bell Let's Talk Day, where the company will donate 5¢ to mental health initiatives across Canada for every text message sent, long distance call made, Tweet using #BellLetsTalk and Facebook share of its Bell Let's Talk image. letstalk.bell.ca

ley. "These aren't characteristics of bipolar disorder."

Quick disagrees that the violence is unrealistic, saying he dealt with "violent outbursts every single day" when working in the mental health field.

"I wanted to show someone struggling with some pretty serious emotional and mental health issues, but I didn't want to label Pat," Quick says. To create the character, he drew from his work with teenagers who have severe autism and people with brain trauma and his own experiences with depression and anxiety.

"I consider myself a member of the mental health community," Quick said. "I do slide back and forth into euphoric and depressed states, but I've never been diagnosed bipolar."

Gansa said he hopes a dramatized but realistic depiction of bipolar life is exactly what Homeland is trying to offer.

"It's an inaccurate portrayal of somebody with bipolar disorder," because Pat is violent and obsessed about contacting his wife when she has a restraining order against him, says Whitley.

TORSTAR NEWS SERVICE



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Treatment Study for Binge Eating

at The Ottawa Hospital for women and men
18 years and older who binge eat (large amounts and out of control) at least once per week. Information:
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bedstudy@toh.on.ca

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Version 1: November 2, 2012

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This week:
This Valentine's, We Hope You Have a (Healthy) Heart



Throwing your weight around

Need for speed

Former Bruin P.J. Stock swears by plyometrics to increase power and pick up the pace

CELIA
MILNE
life@metronews.ca

Want to train like a hockey pro? Get ready to jump!

Metro asked P.J. Stock, former Boston Bruins' left winger, for some advice on training to increase power and speed. Stock, who is now a media personality and trainer at Adrenaline Performance Center in Montreal, says that hard work in the gym pays off on the ice.

"Off-ice training is an essential part of a hockey player's routine. The faster you're able to get to the puck, the better," he says.

Stock is a big believer in plyometrics, or "jump train-

ing," a series of exercises that increase the heart rate quickly.

"Explosive exercises really help push your body through weak spots and teach your muscles to react faster," he says.

A 2010 Spanish meta analysis (scientific wrap-up of several studies) found that doing a variety of plyometrics exercises plus weight training benefits almost everyone — from elite athletes to weekend warriors, to those in poor physical condition.

And plyometrics can improve fitness for both men and women.

"Do exercises that simultaneously use multiple muscles and joints to improve muscular endurance, overall strength, speed and agility," says Stock, who is a spokesman for Reebok.

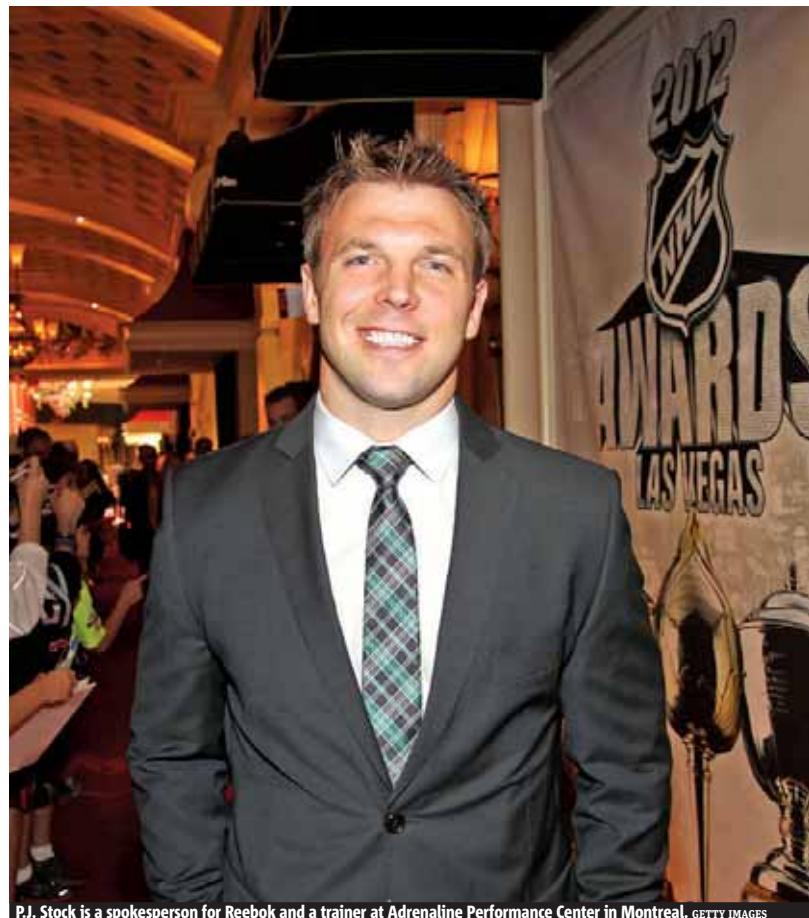
Stock's advice for not getting injured: "Training, nutrition and rest, and a bit of luck!"

What counts as plyometrics?



P.J. Stock training with a medicine ball. CONTRIBUTED

- Examples of plyometric exercises are jump rope, jump squats, leg hops, box jumps, medicine ball throws, burpees, kettle bell swings and push ups.



P.J. Stock is a spokesperson for Reebok and a trainer at Adrenaline Performance Center in Montreal. GETTY IMAGES

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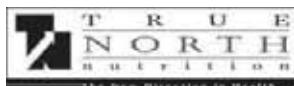


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Fat Tuesday slims down with Red Beans and Rice Soup

With Mardi Gras upon us, turn the classic Red Beans and Rice dish into a hearty (and healthy) soup fit for a Mardi Gras party.

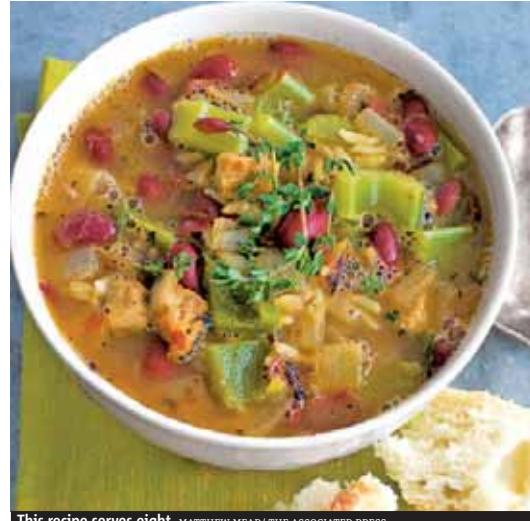
All it takes to transform the standard Red Beans and Rice into soup is the addition of celery, onion and green bell peppers (often called the "Holy Trinity" of New Orleans cuisine), a little Creole seasoning, some chicken stock, and andouille sausage.

By the way, this soup is even better a few days later, and it freezes well.

1. In saucepan over medium, heat oil. Add sausage and cook, stirring occasionally, until lightly browned, 5 minutes. Use slotted spoon to transfer to a bowl.

2. Add onion to saucepan and cook, stirring occasionally, until golden, 5 minutes. Add garlic and Creole seasoning and cook, stirring, 1 minute.

3. While onion and garlic are cooking, mash 1 cup of kidney beans with fork, then add them to saucepan. Add celery, pepper, remaining whole beans, chicken broth and bay leaf.



This recipe serves eight. MATTHEW MEAD/ THE ASSOCIATED PRESS

Bring mix to a boil, then reduce to a simmer and cook for 15 minutes, stirring occasionally.

4. Stir in reserved sausage and the cooked rice. Cook until heated through. Discard the bay leaf before serving.

Creole Seasoning

1. In a small bowl combine all ingredients. Store in airtight container for up to 6 months.

THE ASSOCIATED PRESS/SARA MOULTON, AUTHOR OF SARA MOULTON'S EVERYDAY FAMILY DINNERS.

Ingredients

- 2 tbsp olive oil
- 9 oz (3 links) turkey or chicken andouille sausage, diced into 1/2-inch chunks
- 2 cups medium chopped yellow onion
- 3 cloves garlic, minced
- 1 tbsp Creole seasoning (purchased or use the recipe below)
- Two 15 1/2 -oz cans low-sodium red kidney beans, drained and rinsed
- 2 cups chopped celery
- 1 1/2 cups chopped green or red bell pepper
- 6 cups low-sodium chicken broth
- 1 Turkish bay leaf
- 1 1/2 cups cooked brown rice (1/2 cup uncooked produces 1 1/2 cups cooked)
- Creole Seasoning**
- 1 tbsp plus 1 teaspoon hot paprika
- 1 tbsp garlic powder
- 1 1/2 tsp each onion powder, cayenne, dried oregano, dried thyme
- 1 tsp each ground black pepper, kosher salt

Health Solutions

Chocolate outside of the box



NUTRI-BITES

Theresa Albert
DHN, RNCP
myfriendinfood.com

you thought of me deeply.

Whip up a Mexican Hot cocoa mix

Organic cocoa powder, skim milk powder, organic cane sugar, cinnamon, pinch of chili pepper. A couple of spoons of this in a cup of boiling water and all I will be able to think about is spooning.

At least 70 per cent cocoa, please

If you are going to buy me straight up, good old chocolate, make it the finest, organic, fair trade dark stuff that has at least 70 per cent cocoa. We may as well love the rest of the world as much as we love each other.

THERESA ALBERT IS A FOOD COMMUNICATIONS CONSULTANT AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



Cocoa nibs in a grinder

Nibs are bits of the whole cocoa fruit before all the processing, which means that they retain their full antioxidant power. A beautiful grinder that sits next to the pepper mill will remind me all year not only to use the nibs on everything as I do pepper, but also that

Do something hot this Valentine's Day: save your dough



FUN AND FRUGAL

Lesley Scorgie
money@metronews.ca

don't need to be Jamie Oliver to cook a great meal. Download a recipe and follow the steps with fresh ingredients. Plus, if you plan your menu around what's on sale at your local grocer, you could save a bundle.

After your romantic home cooked meal (add candlelight for romantic ambiance), download a movie from Netflix or rent a classic film for free from the library. Alternatively, read to each other by a fire or bundle up and go for a stroll outside.

Ditch traditional flowers and buy your love a plant that blooms with flowers year round. Skip the card exchange and write each other love notes instead.

Stumped for words? Simply write what you love about your partner.

If you decide to purchase a gift, hunt around for coupons or buy an on-sale experience you can enjoy together at a less expensive time of year. Alternatively, make a homemade gift by baking, design a scavenger hunt with chocolates, or offer IOU gift certifi-



The fastest relationship killer is financial stress. So think frugal this year. ISTOCK IMAGES

cates to share various household duties.

Remember that when times are lean, many couples choose to spend no money at all. Instead they give the gift of quality time.

If you think it's uncool to be frugal on Valentine's Day, think again. The fastest relationship killer is financial stress. So, why overspend when it could jeopardize the health of your relationship?

Follow Lesley on Twitter
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metro

RRSP GUIDE

Tuesday, February 12, 2013



A lump sum RRSP loan can help reduce your gross income, which reduces the amount of taxes you owe. COMSTOCK IMAGES/THINKSTOCK

When is a loan right for you?

YLVIA
VAN BUUREN
For Metro

It's a common scenario at tax time — the accountant preparing your personal tax return calls to say that you owe money ... and you should buy RRSPs to reduce the tax bill. If extra funds are not available, should you rush out and get a loan?

"Unfortunately, most people make RRSP loan de-

cisions on the spur of the moment," says Stephanie Holmes-Winton, CEO, The Money Finder, Halifax, and a member of Advocis, The Financial Advisors Association of Canada. "And it should really be a thought-out part of their financial plan."

Reducing your tax bill is one of the reasons why many people buy RRSPs — and that makes sense, says Anthony Williams, Canadian Institute of Financial Planning, vice-

president of academic affairs. A lump sum RRSP loan will help reduce your gross income, which reduces the amount of taxes you owe.

At the same time, putting a lump sum amount in all at once allows your money to grow more over time, Williams said, because it's in there longer — compared to if you put in the same amount but made monthly contributions.

Another reason people

take a large sum RRSP loan is because it may trigger a tax refund, but that can work against you, too, if you aren't careful.

Here are three scenarios where you might want to reconsider an RRSP loan:

You aren't a disciplined money manager

"Borrowing money to get a tax refund and then spending that refund on 'whatever' is not recommended," Holmes-

Winton said. "You end up paying the loan back with after-tax dollars plus interest."

It's better to apply the refund cheque to the RRSP loan and lower the principal. Some banks structure RRSP loans so the first payment won't apply until after you get the tax refund.

The new monthly payment will not be manageable

A loan means there is a debt obligation and you will have

to have the cash flow to make the monthly payment. Some people have to supplement their income, Holmes-Winton said, by using credit cards and lines of credit and they end up in worse shape.

The loan costs more than you think

Sometimes there are payment free periods of time, but extra interest costs or administrative fees. Always read the fine print, and don't rush into anything.

Contributions. Program allows you to upgrade your education

MICHELLE
WILLIAMS
For Metro

In recent years, the number of Canadians of all ages starting over in new careers has hit an all-time high. Maybe you have always wanted to explore new opportunities — or perhaps you have been caught in your company's downsizing and you need to establish yourself in a new vocation. The quandary is how to support yourself and your family while you retrain.

"A new government pro-

gram is making education upgrading easier for Canadians," explains Serena Cheng, director of Wealth Management and investment adviser with Richardson GMP in Toronto. "The Lifelong Learning Plan allows you to use your RRSP contributions to pay for training for you or your spouse."

The Lifelong Learning Plan (LLP) allows you to take out up to \$10,000 annually from your RRSPs to a total of \$20,000 in more than a four-year period for you or your spouse, but not for your

children's education. The best part — you will continue to be sheltered from paying taxes on the withdrawal. You will have to repay your RRSP over a 10-year period; any funds not repaid after the 10-year deadline will count as income and be taxed.

To participate in the program, there are conditions to meet. While you can use the funds to pay any expenses, you must be registered full time (disabled individuals may be registered part time) in a qualifying program at an approved educational institu-

tion. You must reside in Canada and complete your program before 71 years of age.

Participation in the LLP program is available as many times as you want over your lifetime, provided you pay back your RRSP contribution before you apply for a new program. Typically, repayments must start in the fifth year after the first withdrawal to avoid tax penalties.

"This plan is a great incentive to get retrained if you are starting over in a new career, but you want to make sure you see yourself mov-

ing into the particular field you're training for before you decide to dissolve your assets," Cheng said. "It would be a shame to lose out on the deferred growth of your RRSP and discover part way through the program that this isn't the field for you."

For more information on the Lifelong Learning Plan and more ways to use RRSP contributions to train for a new career, contact a certified financial planner or your local financial institution.



A new government program is making education upgrading easier for Canadians. ISTOCKPHOTO/THINKSTOCK

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RRSPs can be a good way to finance a home purchase. ISTOCKPHOTO/THINKSTOCK

Homebuyers can take advantage of new plan

MICHELLE WILLIAMS
For Metro

Your dream home just posted a "For Sale" sign — but your assets are tied up in RRSPs. Do you let this opportunity pass you by?

"Not at all," says Serena Cheng, director of Wealth Management and investment adviser with Richardson GMP in Toronto. "RRSPs can be a great way to finance a home purchase. If you're a first-time buyer, take advantage of your RRSP investments to buy a home with the federal Home Buyer's Plan."

Home Buyer's Plan (HBP) is a government program that allows first-time buyers to withdraw as much as

\$25,000 from RRSP contributions to buy or build a home for themselves or a related disabled person. "The biggest benefits are that you don't have to pay taxes on this amount, and you have 15 years to pay it back to your RRSP fund," Cheng said. "And if you are purchasing the home with your spouse or partner, you can each withdraw \$25,000."

One firm condition is that payments to reimburse your account must be at least 1/15th of the amount each year. If you can't repay annually, you must pay tax on the amount. Among the other conditions: You must reside in Canada and purchase your home in Canada; the home must be your pri-

mary residence; you must be a first-time buyer or have not owned your principal residence for a period of at least five years; and you must be participating in this plan for the first time.

"The HBP is a good way to get your hands on cash for a down payment, but one disadvantage is that you do lose out on the deferred growth of the RRSP," Cheng said. "You also have to be committed to paying it back on schedule to protect yourself against tax penalties."

For more information on the Home Buyer's Plan and more ways to use RRSP contributions to purchase your home, contact a certified financial planner or your local financial institution.

Pitfalls investors should avoid

 TALBOT BOGGS
Smart Investing

While the registered retirement savings plan (RRSP) is a great vehicle to help Canadians save for their retirement, there are some pitfalls that investors may not know about and should try to avoid.

Many people, for example, confuse their contribution limit with the deduction limit.

The deduction limit is set at 18 per cent of your previous year's earned income, up to a dollar limit, which changes every year. The maximum dollar limit for the 2012 tax year is \$22,970, up from \$22,450 in 2011, and will rise to \$23,820 in 2013. It is contained in the notice of assessment that you get each year from the Canada Revenue Agency after you have filed your return.

Another pitfall can be saving too much in your RRSP and having too many ac-



Try not to make the same mistakes other investors make when it comes to RRSPs. FIONLINE/THINKSTOCK

more fees than if all investments were consolidated in one account.

Waiting to the last minute to make your contribution is another common pitfall. It can lead to making emotional decisions or parking the money for too long on the sidelines. By contributing early or making regular contributions during the year you get the tax-sheltered returns starting sooner and get the advantages of dollar cost averaging.

Many people also may be investing in the wrong things in their RRSP. As a general rule, it's better to invest in fixed income in your RRSP and equities outside of your RRSP in a non-registered account.

THE CANADIAN PRESS
TALBOT BOGGS IS A TORONTO-BASED BUSINESS COMMUNICATIONS PROFESSIONAL WHO HAS WORKED WITH NATIONAL NEWS ORGANIZATIONS, MAGAZINES AND CORPORATIONS IN THE FINANCE, RETAIL, MANUFACTURING AND OTHER INDUSTRIAL SECTORS.

Pool your savings with a spousal RRSP

When one person in a married or common-law couple has a much higher income than the other, it's a great idea to open a spousal RRSP, especially if you intend to retire before age 65, says Dean Owen, a personal financial adviser in Saskatoon and past chair of ADVOCIS, The Financial Advisors Association of Canada.

A spousal RRSP allows a couple to build up the pool of savings for the person with the lower income so that at retirement there are equal amounts of RRSPs.

"Basically, it's a smart tax move with the intention of income splitting," says Anthony Williams, vice-president of academic affairs, Canadian Institute of Financial Planning. "You're shifting income from the higher income earning spouse to the lower income earning spouse with the objective of reducing the accumulative family tax bill."

How does it work? The spouse with the higher income opens — and contributes to — a spousal RRSP in the partner's name. How much the contributor puts into the RRSP depends on what their contribution limit is that year. If it's \$20,000, for example, they can put the entire amount into their own RRSP, they can put the entire amount into the spousal RRSP, or they can split the amount between the two plans. But they can't go over the limit, Owen said.

While the contributor gets the tax deduction today, "the idea is to even out your retirement savings so you can keep the taxes you pay when you are retired as low as possible," Owen said. Instead of withdrawing \$60,000 from one person's fund, for example, each person withdraws \$30,000 and is taxed at a lower tax bracket.

One caveat is that funds must not be withdrawn for at least three years. If they are withdrawn, the money is attributed back to the contributor who pays the tax bill. When withdrawal occurs after this attribution period, the tax is paid by the owner.

YLVIA BUIJNEN



We think having a plan for the future, is a really good plan for the future.

Retirement Savings Calculator Making a plan for the future begins with knowing where you are today. Our easy-to-use Retirement Savings Calculator can help you understand where you are with your current retirement savings. Then, when you come in to meet with us, we can discuss your goals and prepare a plan together.

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Don't forget, the RSP contribution deadline is March 1.



Be the good kind of gym rat: watch your etiquette

My biggest pet peeve is rude and self-centred people at the gym. Is there such a thing as gym etiquette?



CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Yes! There are some good etiquette rules for the gym.

Now that many of us are trying to be good this new year, it is important to be considerate of others while at the gym.

The gym can be a busy place, particularly at peak

times, so keep the following in mind.

1. Whenever you use a piece of equipment always remember to wipe it down after you have used it. Nobody wants to use a machine with your sweat on it.

2. Always try and keep your workout time to a maximum of 30 minutes per machine (perhaps less in

peak times). Some gyms have different rules, so follow them, but if nothing is posted, always think of the other people who are waiting and go do something else.

3. Be mindful of using your cellphone in the gym area. If you do get a call you should leave the gym to have your conversation to avoid your conversation from bothering others.

4. Put your equipment away after you have used it. Don't leave heavy weights on machines for others to deal with or your hand weights on the floor. This is just plain rude.

5. When working out at the gym, you should be clean and wear deodorant. There is nothing worse than smelling someone who is unclean and needs a shower.



"Hi, I'm bothering everybody else in this gym!" ISTOCK IMAGES

Top 5 romantic places to be kissed

Oh, Valentine's Day. Next to New Year's Eve, it's the day many Canadians actually care about whether they have a special someone to lock lips with. While the key to fun tonsil hockey is being into the person you're doing it with, the right backdrop can take the experience from "that was fine" to "I saw fireworks!" So whether you've already been struck by cupid's arrow or are single and ready to mingle, here's the top 5 most romantic places in Canada to get kissed.

MAE BOWRING
life@metronews.ca



Whitehorse

Witnessing the magic of the Northern Lights, or Aurora Borealis, should be on the bucket list of all Canadians, and it's an especially romantic setting at this time of year. There isn't a better time to lean in for a kiss as waves of pink, green, blue and yellow dance across the night sky.



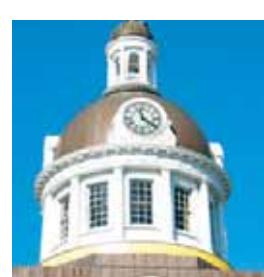
Old Montreal

Between the cobble stone streets, fashion boutiques and cosy restaurants, it's hard not to feel like you've been transported to Europe when in Old Montreal. Use the cold weather as an excuse to get closer. Share some hot chocolate as you explore the city and maybe later, each other's lips.



Victoria

Recently voted the most romantic city in Canada by Amazon.ca, this B.C. city has a picturesque inner harbour that could make any tourist wonder, "Why don't I live here?" Take a stroll along the waterfront and steal your kiss in front of the city's parliament building, which looks spectacular when lit up at night.



Kingston

The dark horse on this list, Kingstonians know there's much more to their city than limestone and penitentiaries. A stroll through the shops on Princess Street is the perfect date activity. Tip: there are plenty of alcoves and quiet walkways to sneak into and enjoy a we're-about-to-get-caught kiss.



Toronto

Sometimes it's hard to call Hogtown pretty, but from the top of the CN Tower on a clear night, the view can be downright breathtaking — and romantic. If your kiss atop the tower leaves a lasting impression, go back in the summer and relive the romance while doing the EdgeWalk. That's a souvenir photo you'll want to keep.

How to love Valentine's Day ... on your own

Valentine's Day.

It may be a yearly highlight for those with a significant other, but what if you are single... or recently back on the market? Metro asked writer Mae Bowring to find an alternative way to spend the holiday

MAE BOWRING
life@metronews.ca

Surviving the holidays was hard enough dodging awkward questions about where my boyfriend was and having to quietly explain that we're no longer two peas in a pod.

So with Feb. 14 staring me

down and no beau in sight, I decided to get into the spirit of the so-called Hallmark holiday and treat myself to the perfect Valentine's Day getaway.

With one of my favourite single girlfriends in tow, we arrived in Oakville, Ont. to discover the top five things a singleton must do to celebrate their love — for themselves — on Valentine's Day.

Get your glow on

Harsh winter winds make my face look more chapped and flaky than fresh and dewy, so my friend and I didn't hesitate to surrender our skin to the experts at Qi Tranquility Spa. Sticking with the Valentine's Day theme, they treated us to a strawberry and chocolate facial that was blissfully relaxing when I wasn't thinking about licking my own face. The spa's "it's not me, it's you" anti-Val-



Single on Valentine's Day? You can still have a nice relaxing day. ISTOCK IMAGES

entine's packages are specifically designed for the happily single.

Feel great from the inside out

The last place you'll find a single woman the week before Valentine's Day is trying on a

sexy bra, but that's exactly why we stopped by Inside Story Fine Lingerie. With 85 per cent of women wearing the wrong bra size, it's smart to get measured regularly. We discovered that wearing lingerie is exhilarating and empowering, even if it's

just us who see it.

Dress to impress

Impress yourself, that is. It's easy when you're single to live in sweatpants, but being alone is exactly why you should make the extra effort. When you look together, you feel better and walk just a little bit taller. I swung by Mendocino and bought a black leather vest that I can wear in the office or on the next girls' night out. Avalon Fine Jewellery had the necklace I'd been pining for and Lole's stylish sportswear attracted the runner in me.

Roll out the red carpet

I've worn beautiful dresses to weddings before, but slipping into a ball gown brought out my inner Cinderella. Once the ladies at By Tocca, an all-occasion evening wear boutique, zipped me into a stunning ani-

mal print one-shoulder gown by Canadian designer Wayne Clark, I felt the urge to twirl. It reminded me of the importance of playing dress up every once in a while, no matter what your age.

Eat in style

Just because you're dining for one doesn't mean you have to stay home and eat frozen pizza. This is the perfect opportunity to give in to your palate's desire. For lunch we sampled chef Thiru's crispy masala dosa and Indian cuisine at Suvai. Fresh oysters (an aphrodisiac) and a piping hot lamb soufflé was on the menu at nearby Jonathans for dinner, leaving us grateful that we arrived hungry, because we were going home stuffed.

THE WRITER WAS A GUEST OF THE DOWNTOWN OAKVILLE BIA

Olympics

1 sport on block for 2020 Games

IOC leaders are meeting this week to decide which sport to drop from the Olympic program and how to deal with the fallout from the Lance Armstrong doping scandal.

At a two-day IOC executive board meeting opening Tuesday, the IOC will also review preparations for the Winter Olympics in Sochi — less than a year away — and the 2016 Summer Games in Rio de Janeiro, and select a short list of finalists for the 2018 Youth Olympics.

Modern pentathlon, a tradition-steeped contest invented by the founder of the modern Olympics, is expected to face close scrutiny when the board considers which of the current 26 summer Olympic sports to remove from the program of the 2020 Games. Taking out one sport will make way for a new one to be added later this year.

THE ASSOCIATED PRESS

NHL

No punishment for Grabovski

The NHL will not suspend Toronto Maple Leafs forward Mikhail Grabovski for an alleged biting incident in Saturday's game against Montreal.

The league said there was no conclusive evidence that Grabovski bit Canadiens forward Max Pacioretty. Pacioretty says he got a precautionary tetanus shot after the incident in Toronto's 6-0 victory. The forward emerged from the skirmish showing his arm to the officials and claiming that Grabovski bit him.

"It was an emotional game," Pacioretty said Monday. "It got out of hand. People were fired up."

THE CANADIAN PRESS



Ottawa Senators goaltender Craig Anderson makes a pad save against Justin Faulk of the Carolina Hurricanes at Scotiabank Place on Thursday. Keeping pucks out of their net has been a strong suit, but the Sens have had trouble scoring at the other end recently. JANA CHYTILOVA/FREESTYLE PHOTOGRAPHY/GETTY IMAGES

Weak scoring punch weighing Sens down



THE HOCKEY NEWS
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Twelve games into a standard 82-game season would not be considered a large enough sample size to assess how a team may perform. Coaches are tinkering with lineups and attempting to forge an identity. Players are adapting to new mates and working on their timing. However, in a condensed 48-game season, 12 games mark the quarter-pole.

How have the Senators fared?

It has been a tale of two squads: one that was victorious in five of their first seven outings, and another that has suffered a recent power outage, garnering only one win in their

A glaring void

GM Bryan Murray may have to put his "trading cap" on in search for offence while Spezza misses the next six to eight weeks.

past five matches.

The club's blue-line was considered to be the Senators' central weakness, but it has been a pillar of strength so far. With Jared Cowen's injured hip keeping him out for the season and free agent acquisition Mike Lundin missing the first three weeks with a broken thumb, help came from AHL Binghamton in the forms of Andre Benoit, Mark Borowiecki and Patrick Wiercioch — all of whom stepped up admirably. Lundin has since returned, prompting Kanata native Borowiecki to be sent back to the farm.

Erik Karlsson is looking every bit like the reigning Norris Trophy-winner he is. Several NHL scouts feel Karlsson may be the most dynamic player in the NHL. The 22-year-old ranks second league-wide in time on ice at 27:53 per game. The young Swede topped the 31-minute mark twice in the past week.

As superlative as Karlsson has performed, goalie Craig Anderson has been absolutely phenomenal. Anderson has already stolen a handful of games and is currently the

NHL's second-best netminder with a 1.49 goals-against average and a .950 save percentage.

The Senators' downfall of late can be pinned directly to the loss of Jason Spezza. The team is 3-3-1 without their star centre and has only notched 15 markers in his absence. Milan Michalek has not tallied in six games and Kyle Turris' goal-less streak has reached eight. Colin Greening has netted one goal to date and Zack Smith has yet to hit the twine. GM Bryan Murray may have to put his "trading cap" on in search for offence while Spezza misses the next six to eight weeks.

The Senators have 14 points, the same total they had at this time last season. However in order to make the playoffs again, they must find a solution to their scoring woes. And fast.

MacLean shuffles lines hoping to spark offence

Bumped up to the top line

With the Ottawa Senators in desperate need of some offence, Paul MacLean had little patience for mistakes during Monday's practice.

The Senators coach could be heard shouting orders as the team worked on a number of drills focusing on driving traffic to the net.

"The biggest thing for us offensively is to get more people to the net when the puck's going to the net," MacLean said.

Having lost four of its last five, the Senators are desperate to find ways to spark their offence.

It doesn't help that they have lost yet another centre as Peter Regin is out day-to-day

averaged 3.2 goals-per-game; in the last seven without him they averaged 2.14. The power play has also struggled. With Spezza in the lineup the power play produced at a rate of 26.6 per cent, without him it's at 20.8 per cent. The struggles have resulted in a 3-3-1 record without Spezza.

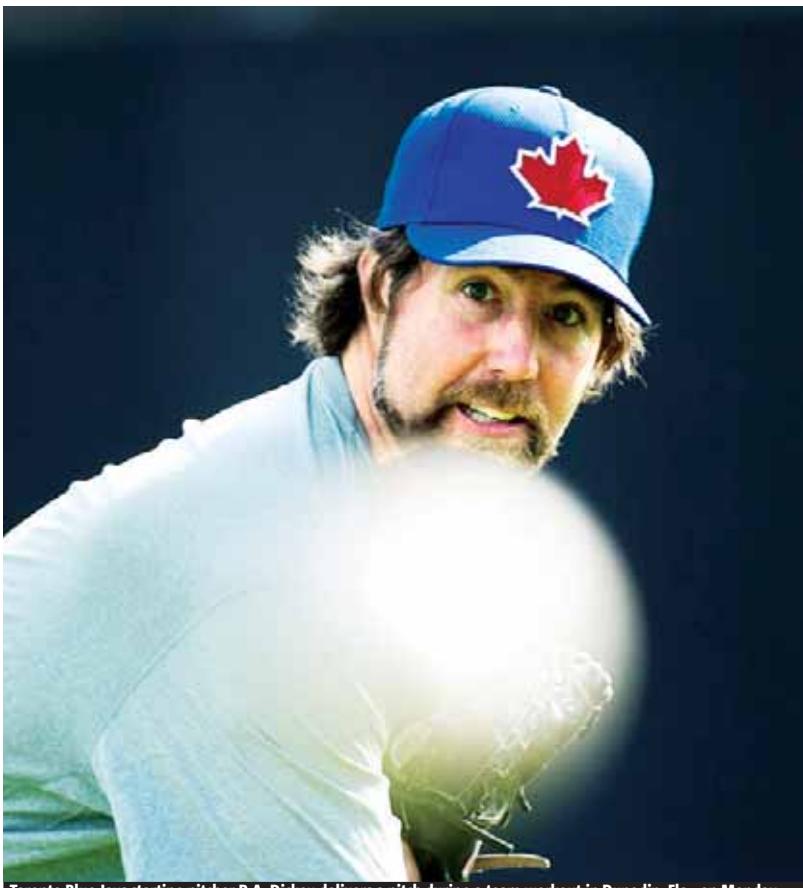
In an effort to jump-start his offence MacLean shuffled lines in preparation for Tuesday's game against the Buffalo Sabres.

Mika Zibanejad will centre a line with Milan Michalek and Daniel Alfredsson, while Kyle Turris will play with Jakob Silfverberg and Colin Greening.



Ottawa Senators forward Mika Zibanejad skates for a loose puck against Adam Pardy of the Buffalo Sabres at Scotiabank Place on Feb. 5. Zibanejad will centre the Sens' top line Tuesday. JANA CHYTILOVA/FREESTYLE PHOTOGRAPHY/GETTY IMAGES

4 SPORTS



Toronto Blue Jays starting pitcher R.A. Dickey delivers a pitch during a team workout in Dunedin, Fla., on Monday. Even in spring training, hopes are sky high around the big-spending Blue Jays. NATHAN DENETTE/THE CANADIAN PRESS

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NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
New Jersey	12	8	1	3	33	24	19
Pittsburgh	13	8	5	0	41	32	16
NY Rangers	11	6	5	0	29	27	12
Philadelphia	12	5	6	1	29	33	11
NY Islanders	11	4	6	1	32	37	9

NORTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Boston	10	8	1	1	29	21	17
Toronto	12	7	5	0	34	31	14
Ottawa	12	6	4	2	31	23	14
Montreal	11	6	4	1	31	30	13
Buffalo	13	5	7	1	39	46	11

SOUTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Tampa Bay	11	6	5	0	43	32	12
Carolina	10	5	4	1	28	30	11
Winnipeg	11	5	5	1	30	37	11
Florida	11	4	6	1	25	40	9
Washington	12	3	8	1	30	41	7

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	11	8	2	1	39	31	17
San Jose	11	7	2	2	34	22	16
Dallas	12	6	5	1	26	28	13
Phoenix	12	5	5	2	32	33	12
Los Angeles	10	3	5	2	21	31	8

Note: A team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OL (other loss) column.

Monday's results

Carolina at NY Islanders
Philadelphia at Toronto
San Jose at Columbus
Los Angeles at St. Louis
Phoenix at Colorado
Minnesota at Calgary

Sunday's results

Detroit 3 Los Angeles 2
Edmonton 3 Columbus 1
Boston 3 Buffalo 1
NY Rangers 3 Tampa Bay 1
New Jersey 3 Pittsburgh 1
Chicago 3 Nashville 0

Tuesday's games — All Times Eastern

Carolina at New Jersey, 7 p.m.
NY Rangers at Boston, 7:30 p.m.
Montreal at Tampa Bay, 7:30 p.m.
Buffalo at Ottawa, 7:30 p.m.
Washington at Florida, 7:30 p.m.
Philadelphia at Winnipeg, 8 p.m.
Anaheim at Chicago, 8:30 p.m.
Dallas at Edmonton, 9:30 p.m.
Minnesota at Vancouver, 10 p.m.

Wednesday's games

Ottawa at Pittsburgh, 7 p.m.
St. Louis at Detroit, 7:30 p.m.
Dallas at Calgary, 9:30 p.m.

Thursday's games

Toronto at Carolina, 7 p.m.
NY Islanders at NY Rangers, 7 p.m.
Montreal at Florida, 7:30 p.m.
Washington at Tampa Bay, 7:30 p.m.
Phoenix at Nashville, 8 p.m.
Colorado at Minnesota, 8 p.m.

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Sun rising on Jays' season following major facelift

MLB. Handful of players report to spring training ahead of schedule

The Smashing Pumpkins' Tonight, Tonight blared from the press box Monday as Jose Bautista cracked balls from the batting cage at the Florida Auto Exchange Stadium.

The morning sun beat down on this sleepy slice of Florida while Bautista swung to Billy Corgan singing "Believe, believe in me, believe. That life can change, that you're not stuck in vain. We're not the same, we're different tonight. Tonight, so bright."

Pitchers and catchers don't report until Tuesday but hopes are already sky high around the big-spending Blue Jays (73-89 last season, fourth in the AL East) in the wake of

acquiring R.A. Dickey, Mark Buehrle, Josh Johnson, Jose Reyes, Melky Cabrera, Maicer Izturis and Emilio Bonifacio.

"We were, I think, hopefully optimistic last year. But I think this year we expect to win, that's the difference," said pitcher Brandon Morrow.

Bautista was all business, yelling, "Hey, we haven't even officially started yet. Jeez. Tomorrow," as he passed a media scrum around pitcher Drew Hutchison on his way to the field.

The Jays slugger bypassed the media on his way back to the clubhouse, saying he had to complete his workout. Later, he sent a message via a club official that he was running late and wouldn't be speaking to the media.

"We need him," Gibbons said of Bautista, whose 2012 season was cut short by wrist surgery. "If we're going to do anything, he's got to be a big part of that." THE CANADIAN PRESS

Behind the plate

Arencibia
wants to catch knuckleball

J.P. Arencibia says he's looking forward to catching knuckleballer R.A. Dickey.

The Blue Jays also acquired catchers Henry Blanco, Josh Thole and Mike Nickeas, who have all handled Dickey in the past.

But, contrary to other assumptions, incumbent Arencibia says he wants to be at the other end of the Dickey floater.

"Our manager and Alex (GM Alex Anthopoulos) have talked to me and told me from the beginning that they want me to catch him," he said Monday.

THE CANADIAN PRESS

NHL

EASTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	12	10	0	2	42	25	22
Detroit	12	7	4	1	33	32	15
Nashville	12	5	3	4	24	26	14
St. Louis	11	6	4	1	38	36	13
Columbus	12	3	7	2	24	39	8

NORTHWEST DIVISION

	GP	W	L	OL	GF	GA	Pt
Vancouver	11	7	2	3	33	24	16
Edmonton	12	5	4	3	28	30	13
Minnesota	11	5	5	1	24	29	11
Calgary	9	3	4	2	25	33	8
Colorado	10	4	6	0	21	46	8

NORTHWEST DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	11	8	2	1	39	31	17
San Jose	11	7	2	2	34	22	16
Dallas	12	6	5	1	26	28	13
Phoenix	12	5	5	2	32	33	12
Los Angeles	10	3	5	2	21	31	8

Note: A team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OL (other loss) column.

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	12	10	0	2	42	25	22
Detroit	12	7	4	1	33	32	15
Nashville	12	5	3	4	24	26	14
St. Louis	11	6	4	1	38	36	13
Columbus	12	3	7	2	24	39	8

NORTHWEST DIVISION

	GP	W	L	OL	GF	GA	Pt
Vancouver	11	7	2	3	33	24	16
Edmonton	12	5	4	3	28	30	13
Minnesota	11	5	5	1	24	29	11
Calgary	9	3	4	2	25	33	8
Colorado	10	4	6	0	21	46	8

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	11	8	2	1	39	31	17
San Jose	11	7	2	2	34	22	16
Dallas	12	6	5	1	26	28	13
Phoenix	12	5	5	2	32	33	12
Los Angeles	10	3	5	2	21	31	8

Note: division leaders ranked in top three positions regardless of winning percentage.

SCORING LEADERS

	G	A	Pt
Vanek, Buf	11	12	23
Kane, Chi	9	10	19
Zetterberg, Det	5	13	18
Stamkos, TBL	7	10	17
Crosby, Phg	5	12	17
St. Louis, TBL	3	13	16
Malkin, Phg	3	13	16
Clarkson, NJ	9	6	15
Kunitz, Phg	6	9	15
Marleau, SJ	9	5	14
Pominville, Buf	6	8	14
Ribeiro, Wash	4	10	14
Selanne, Ana	4	10	14
Thornton, SJ	3	11	14
Elias, NJ	3	11	14
Tavares, NYI	6	7	13
Datsyuk, Det	5	8	13
Pavelski, SJ	5	8	13
Gagner, Edm	4	9	13
Koivu, Ana	4	9	13
Enstrom, Win	2	11	13
Dallas, at Calgary	7	5	12
Staal, Car	6	6	12
Hossa, Chi	6	6	12
Toews, Chi	6	6	12
Lecavalier, TBL	5	7	12
Hodgson, Buf	5	7	12
Conacher, TBL	5	7	12
Shattenkirk, StL	1	11	12

Not including last night's games

NBA

	W	L	Pct	GB
Miami	34	14	.708	—
New York	32	17	.653	2 1/2
Indiana	31	20	.608	4 1/2
Chicago	30	20	.600	5
Brooklyn	29	22	.569	6 1/2
Atlanta	27	22	.551	7 1/2
Boston	27	23	.540	8
Milwaukee	25	24	.510	9 1/2
Philadelphia	22	28	.440	13
Detroit	20	32	.385	16
Toronto	19	32	.373	16 1/2
Cleveland	16	36	.308	20
Orlando	15	36	.294	20 1/2
Washington	14	35	.286	20 1/2
Charlotte	11	39	.220	24

WESTERN CONFERENCE

	W	L	Pct	GB
San Antonio	40	12	.769	—
Oklahoma City	39	12	.765	1 1/2
L.A. Clippers	37	17	.685	4
Memphis	32	18	.640	7
Denver	33	19	.635	7
Golden State	30	21	.588	9 1/2
Utah	28	24	.528	12 1/2
Portland	25	26	.490	14 1/2
L.A. Lakers	24	28	.462	16
Dallas	22			

Horoscopes

♈ Aries

March 21 - April 20

Give yourself permission to dream. You may be a realist by nature but a little bit of fantasy is not a bad thing and could do wonders for your confidence. You may think of something you can use to your advantage.

♉ Taurus

April 21 - May 21

Everything seems to be moving in the right direction for you now but the downside is that certain people are resentful of your success and may try to blow you off course. Don't let it happen. Be ruthless if you must.

♊ Gemini

May 22 - June 21

Mercury, your ruler is on good terms with both Pluto and Saturn, so you will be thinking some pretty deep thoughts. Don't get too serious though. Yours is a sign that does best when things are kept as light-hearted as possible.

♋ Cancer

June 22 - July 21

You are appreciated by a great many people, probably more than you realize, and some of those people will go out of their way to show their gratitude towards you today. Enjoy your good fortune. You thoroughly deserve it.

♌ Leo

July 24 - Aug. 23

Changes on the work front will create new opportunities and if you are quick to react to them it won't be long before you are moving up in the world. Don't ever doubt that you are equal to the job — you're the best!

♍ Virgo

Aug. 24 - Sept. 23

Do you wish you were some place else than where you actually are? According to the planets you are thinking about making some kind of move and it could be a big one. Don't just change the scenery, change your lifestyle too.

♎ Libra

Sept. 24 - Oct. 23

It's highly unlikely that you will get through the day without clashing with someone you believe is a threat to your security. You may in fact be entirely wrong, but it's better to be safe than sorry. Protect yourself.

♏ Scorpio

Oct. 24 - Nov. 22

Anyone who thinks they can get the better of you intellectually is living in cloud cuckoo land. Your sharp Scorpio mind will run circles around them today and they'll think twice before they take you on again.

♐ Sagittarius

Nov. 23 - Dec. 21

Stick to your timetable today — don't let anything distract you or let anyone lead you astray. You are on a very tight schedule at the moment and the slightest deviation could be disastrous. Make sure you're well organized.

♑ Capricorn

Dec. 22 - Jan. 20

There is a great deal of tension both at home and at work at the moment and the best way to get through it is to stay calm. Above all, watch what you say. You can be rather harsh in your comments sometimes.

♒ Aquarius

Jan. 21 - Feb. 19

You have a whole load of plans but not everyone in your social circle or at work seems to share your enthusiasm. But what of it? If you have to do it all yourself then you won't have to share the spoils!

♓ Pisces

Feb. 20 - March 20

Mercury in your sign links with both Pluto and Saturn today, adding a sharp edge to your mind and an equally sharp edge to your tongue. Whatever it is you have to say, no one will fail to get the message.

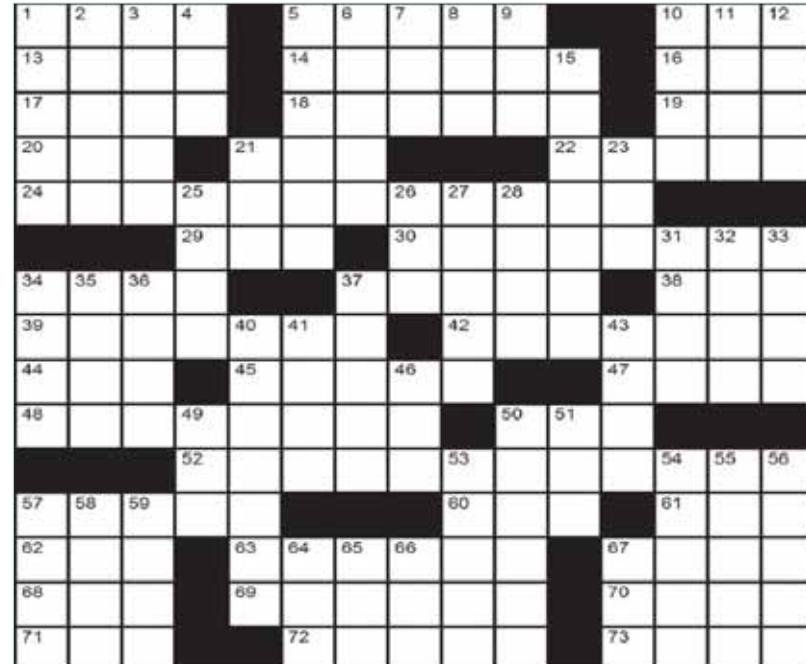
SALLY BROMPTON

Crossword: Canada Across and Down

BY KELLY ANN BUCHANAN

Across

- Model search series, "The ___"
- Canadian supermodel coach on #1-Across, Coco ___
- Motorists org.
- DC Comics supervillain, ___ Kadabra
- Sir ___ Hillary (Everest mountaineer)
- Median, mini-ly
- 'Super', in slang
- Go-___
- ___ Lanka
- 'John Hancock', e.g.
- Actor Mr. Tognazzi
- Search engine
- Canadian singer/songwriter sisters: 3 wds.
- Untruth
- Justin Bieber's 'Believe ___'
- ___/___ radio
- Canadian pianist Mr. Gould
- Grey Cup org.
- Chocolate/caramel/nougat treat: 2 wds.
- Instant coffee brand
- "...man ___ mouse?"
- "The Simpsons" convenience store, Kwik-___
- 'Pseud' suffix
- Fruit sugar
- Singer Janis
- 2001 Kevin Spacey movie set in Newfoundland, "The ___"
- Guitarist, Lenny ___
- Pre-A.D. time alternative
- Rap star, Tone-___
- Purpose
- Yellow-bordered mag since 1888: 2 wds.
- Morning talk's Kelly
- Philosophy
- Queen Elizabeth's youngest son
- Russian ruler, variably
- PBS funding org.
- ___-face (Reversal)
- Actor Mr. Donovan
- Down
- 1859 Charles Gounod opera

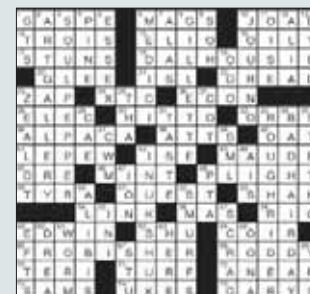


- Aussie actress Ms. Cornish
- Allison Janney's "The West Wing" role, C.J. ___
- Head healer
- Music style
- Ancient theatre
- "Pick a Puppy" channel
- Gilligan's dwelling
- 'Prop' suffix (Fuel)
- Money
- Supersonic interceptor aircraft developed-then-halted in Canada in the 1950s, ___ Arrow
- Currency exchange fee
- Rehearsals: 2 wds.
- Prefix with 'cycle'

- Writer Mr. Milne's
- Donations
- Music direction, ___ segno
- Fragrance
- First-rate
- ___ highway
- Questionable
- Li'l mandarin-like fruit
- "I ___ the opinion that..."
- Dave ___ (1965 PGA Championship winner)
- Herr's wife
- Fathom
- Dr. Norman ___
- Quant ___ (For my part, in French)

- Hartford, ___
- Gym workout unit, commonly
- Our version of NASA
- Encrypted: 2 wds.
- Birthday changer
- French composer Jacques
- Miss Doolittle of theatre
- Tom of "The Dukes of Hazzard"
- Frighten
- Bathroom = Salle de ___
- Stand up
- Ms. Stone of flicks
- Dictionary abbr.
- Couple
- Guy opposite
- Sales slip, shortly

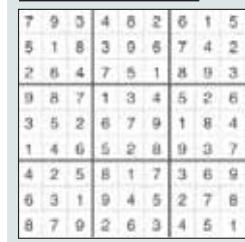
Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



9	1		3	2
2	8	5	7	
6	9	3		4
6	2	4	9	
7	1	6	8	
5	4	2		1
9	7	1	4	
7	4		2	3



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18k	\$30.49/g
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10k	\$16.91/g
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